

August 2020 Newsletter

Join us as we show another movie from the Science Museum of Minnesota Omnitheater. On



Friday, August 7 at 1:00 pm it will

be about Humpback Whales! It will

bring you on a journey into the

mysterious world of one of nature's most awe-inspiring creatures. Scientists will uncover the secrets of some of the world's largest mammals on their 10,000-mile annual migration.



Masks at Oak Meadows: All tenants must wear masks **anytime** they step out of their apartments. We continue to discourage visitors, but do allow essential visits. Please call Deb Veit for approval of an essential visit. Anyone who comes to visit (inside or out) **MUST** have a mask on and get their temperature checked at the Reception Desk. We do not have enough masks to provide for outside guests, so they must have their own masks or they will be asked to leave. Thank you for your cooperation during this time!

Weekends @ the Movies



Join us on **Saturdays (1:30 pm)** and **Sundays (6:00 pm)** on channel 51 for the movies. If you have any that you would like to see, please let Megan know!

Don't forget to watch channel 2 on your televisions to continue to stay up to date on what's happening at Oak Meadows!



Other Information

This month we will show three different PBS Specials on Channel 51!

- **Making North America (8/14 @ 1:00 pm).**

The epic 3 billion-year story of how our continent came to be. From the palm trees that once flourished in Alaska to titanic eruptions that nearly tore the Midwest in two, discover how forces of almost unimaginable power gave birth to North America.

- **Minnesota Experience, Parks for the People (8/21 @ 1:00 pm).**

The landscape of Minneapolis was once that of a tall grass prairie with few trees and marshy lakes. Today the city is regarded as one of America's great "green" cities with tree-lined parkways.

- **St. Paul's Historic Hill (8/28 @ 1:00 pm).**

One of the oldest neighborhoods in the Twin Cities is the focus that explores its birth, growth, decline and



PBS

reclamation over the course of more than 150 years. In partnership with the Ramsey Hill Association.

We have a lot of different music opportunities in August! There will be **sing-alongs** on **August 3, 17, 20, and 24**. Please check the calendar for specifics. **Sing for Life Choir Practice** with Lou Ann Henderson from MacPhail Center for Music on **Tuesdays at 2:00 pm**. We will continue to get weekly performances from **East Ridge High School Choir** on **Wednesdays at 1:45 pm**. **Dan Newton** will also put on another virtual accordion concert for us on **Thursday, August 6 at 1:00 pm**. There will also be a **Daniel O'Donnell** concert on **Monday, August 31 at 6:00 pm**.



We have reopened our exercise room with the NuStep machine. You must call the Receptionist Desk to reserve a time you would like to use the room. We must have a record of uses for contact tracing and to allow for time to clean the space in between uses. We will provide cleaning supplies and ask each person to wipe down the machine after use.

More Information!



Exercise Options at Oak Meadows

- **Walking Group with Megan on Thursdays at 10:00 am.** Please note the time change from last month. You must wear your mask and physical distance during the walk. Please meet in the Ponds Parking Lot.
- **Exercise with Megan on Mondays at 9:30 am** outside the Multipurpose Room (weather permitting). You must wear your mask and the chairs will already be set up 6 feet apart.
- **Both Exercise with Megan and Jordan will still continue to be on Channel 51 throughout the month, check your calendars!**
- Megan will also do **Let's Drum! on Sundays at 1:30 pm** on Channel 51. If you would like drumsticks to use, please give Megan a call!



Please check channel 2 for daily updates to exercises!

Jerry Zhou from Hearing of America in Oakdale is available for your hearing aid needs. During this time we understand that it is difficult to get your hearing aids serviced. If there is something you need, please call Jerry at (651)528-7868 and he will pick up, repair, and drop off your hearing aids.



Spiritual Services on Channel 51



- **Tuesdays at 1:30 pm**, Devotions with Chaplain Carol
 - **Tuesdays at 6:30 pm**, Rosary Group
 - **Wednesdays at 10:30 am**, Church Service. The 1st Wednesday of the month is Guardian Angels Mass and the other remaining Wednesdays are Chaplain Carol's Worship Services.



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A huge thank you to the Tenant Council, tenants and Mick Mazur for the gorgeous painting, your kind words and your generous donation to the Oak Meadows staff. I am grateful for your generosity and kindness towards all of us. We are all so blessed to be part of your lives. I am going to frame the painting and hang it in our office space.

Sincerely, Deb Veit

Tenants: Do you have a friend who would just love to move to Oak Meadows? If you refer someone to me (Kim), and they move in, you will receive \$100 within the first week they move in. If you want to wait and receive more, we will give you \$500 after they are at Oak Meadows a full 3 months! Get information to Kim Prayfrock, in the office, and she will contact them.

This program is good from through December 31, 2020.

